

## General Dietary Advice Following Stoma Surgery

There is no need to follow a special diet after stoma surgery, but it may be helpful for you to follow these simple guidelines.

Sometimes your bowels can stop working after surgery. This is called an ileus. If you are eating lots of food when your bowels are not working you can feel very sick and sometimes this may cause you to vomit and feel bloated.

Immediately following surgery, as you start eating again, it is important to start very slowly. Initially, just soup and pudding. This can include a clear soup, milk puddings, ice cream, jelly and custard. Once tolerated the diet can be increased to a low residue diet (also known as a light diet. This includes mashed potatoes, fish, chicken, mince, white toast, sandwiches.

It is at this point that care should be taken with fruit and vegetables, because they may cause excess wind or loose stools.

We suggest a small portion of one vegetable/fruit at a time, to allow you to monitor any adverse reaction.

We also suggest during your recovery from major surgery that you take small meals often. In an effort to boost your calorie intake and help re-build tissue, we suggest that when having a drink, you also have a snack.

As you increase to a normal diet, you may find certain food and drinks affect you more than others. If it is something that you really enjoy, then you can include it in your diet, but keep the portion size small and take your time.

Our philosophy with diet, as with all other issues, is that the stoma should fit in with your life rather than take it over.

### Foods/drinks that may cause problems such as wind and loose output

- Baked beans (wind)
- Sprouts (wind and loose stool)
- Wholemeal bread (wind and loose stool)
- Whole grain / wholewheat cereals (bran) (wind and loose stool)
- Spicy foods (Chilli pepper may cause loose output)
- Beetroot (colours motion red)
- Beer (wind)
- Lager (wind)
- Caffeine drinks (can stimulate bowel function)
- Onion (wind)
- Cabbage (wind, and loose stool)
- Fizzy drinks (wind)

### For ileostomy patients

#### Beware with the following as they can cause an obstruction:

- Pineapple
- Mango
- Coconut
- Pithy oranges
- Peanuts

- Apples
- Grape/tomato skins
- Popcorn
- Sweetcorn
- Bean spouts
- Water chestnuts
- Care with dried fruits
- Salads

Should you require any further advice or information, then please don't hesitate to contact us:

**Stoma Care Department**

**01392 402742**

## **Foods that help to thicken stools**

- Jelly/jelly babies
- Marshmallows
- White breads
- Pasta
- Rice
- Potatoes
- Ripe bananas
- Smooth peanut butter

## **Foods that are no problem**

- Proteins - chicken, meat, fish, cheese (take care of any fat content)
- Eggs
- White Pasta
- White Rice
- Potatoes
- Carrots
- Cakes and biscuits

The above list is a guide and may not include every food type that may be problematic. Please discuss this further with the stoma nurse who may suggest a food diary and discuss your individual needs. However, having your food little and often helps with digestion and trialling different foods is important to see what's suits you.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E (Heavitree)